



07/14 '99 05:15 02:10



Office of Special Nutritionals  
HFS-450  
Center for Food Safety and Applied Nutrition  
Food and Drug Administration  
200 C St. SW  
Washington DC 20204

Statement of Nutritional Support – GINGER

Pursuant to 21 CFR Part 101.93, American Specialty Health and Wellness (ASHW) files the following Statement of Nutritional Support for the Dietary Supplement marketed as GINGER

- 1) Name and Address of Distributor: ASHW 8989 Rio San Diego Drive, Suite 250, San Diego, CA 92108.
- 2) Text of Nutritional Support Statement being made:  
"Ginger has been used for centuries as both a spice and medicinal herb. It has been found to be useful in supporting healthy digestion."
- 3) Name of dietary ingredient: See attached product label.
- 4) Brand Name: GINGER
- 5) Substantiation information on file at the company office. The corporate officer who can certify same is Dr. Doug Metz, Sr. Vice President.

Yours truly,

A handwritten signature in black ink, appearing to read "Doug Metz".

Dr. Doug Metz  
Sr. Vice President

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**Directions For Use:** Take 2 capsules, 2 to 4 times daily as needed.

**Storage:** Keep tightly closed in a cool, dry place.

**Caution/Warning:** As with any supplement, herb or medication, do not use it while pregnant or lactating, or provide it to a child without consulting a physician. Do not use if you suffer from gallstones.

**Note:** This product is regulated by the FDA as a dietary supplement. If you have any questions about how you feel while taking this supplement, contact your physician. If you are taking any medication, have any disease or illness, consult your physician before taking this product. Do not stop or change prescribed medication without the permission or prescription of your physician.

DISTRIBUTED BY AMERICAN SPECIALTY™ HEALTH & WELLNESS,  
PO BOX 509040, SAN DIEGO, CA 92150-9040

[www.buyhealthy.com](http://www.buyhealthy.com)

1999 R/O

Item # 40140

# GINGER

DIETARY SUPPLEMENT



100 CAPSULES

*Premium Products for Your Health & Wellness*

## Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 50

	Amount Per Serving:	%Daily Value
Calories	5	
Total Carbohydrate	1 g.	<1%†
Ginger (Zingiber officinale root)	1.1 g.	*

\*Daily Value not established.

†Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Gelatin.

Double safety sealed with a printed outer shrink-wrap film and a printed inner bottle freshness seal. Do not use if either seal is broken or missing.